

# UPDATE

## New Guide for Cholesterol Treatment

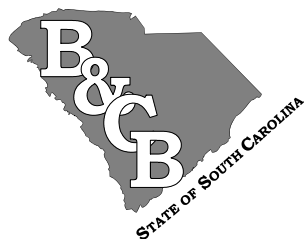
Aggressive new guidelines for doctors treating people at risk for heart disease could nearly triple the number of Americans taking drugs to lower their cholesterol. The new guidelines recommend use of different tests to screen for high cholesterol and revise the optimal standards for good and bad cholesterol.

### What do your numbers mean?

Everyone age 20 and older should have his or her cholesterol measured at least once every 5 years. It is best to have a blood test called "lipoprotein profile" also called a lipid profile to find out your cholesterol numbers. This test is included in Prevention Partners Preventive Worksite Screening, which includes other blood test measures for the price of \$15.00 for full-time State Health Plan subscribers (excluding dependants). The lipoprotein profile provides information about total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. Listed below are the new cholesterol level guidelines:

<b>Total Cholesterol Levels</b>	<b>Category</b>
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High Risk
<b>LDL Levels</b>	<b>LDL-Cholesterol Category</b>
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very High
<b>HDL Levels</b>	<b>HDL-Cholesterol Category</b>
Less than 40 mg/dL	High Risk
60 mg/dL and above	Desirable
<b>Triglycerides Levels</b>	<b>Triglycerides Category</b>
Less than 150 mg/dL	Normal
150 - 199 mg/dL	Borderline-high
200 mg/dL - 499 mg/dL	High
500 mg/dL and above	Very High

To find out more information concerning the new cholesterol guidelines visit the National Heart, Lung and Blood Institute at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or The American Heart Association at [www.americanheart.org](http://www.americanheart.org).



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